



Your Spring Clean Your Life Goal Setting Worksheet

Kathy Jo Pollack, Life Coach



Spring Clean YOUR Life!

Complete this worksheet to help you:



Spring Clean Your Life GOAL-SETTING SHEET



**Kathy Jo Pollack, ACC
Certified Life Coach**

My **Top 3 New DAILY HABITS** are:

1. _____
2. _____
3. _____

My **Top 3 Goals to "Spring Clean" my Life** are:

1. I _____ by _____
2. I _____ by _____
3. I _____ by _____

The **BENEFITS to Me** of My GOALS are:
Think of one inspiring benefit for each Top 3 goal.

1. _____
2. _____
3. _____

My **3 KEY Action Steps** are:
One action for each Top 3 Goal

1. _____
_____ by _____
2. _____
_____ by _____
3. _____
_____ by _____

This Spring, **I Have Let Go of:**

You may still be working on these, but by putting them in the past tense, it helps you to act 'as if' you have let go!

1. _____
2. _____
3. _____

Signed: _____

Date: _____

THOUGHT

*"To think creatively, we must be able to look
afresh at what we normally take for granted."*

George Kneller

For personalized coaching and to learn more
about **coaching** visit
<http://www.kathyjopollack.com>

**Bonus! Mention this worksheet and save
20% on your first coaching session.**

STAY ON TRACK

Now you have completed this worksheet, cut it out and put it somewhere
you will see it regularly like your fridge, desk, wall, or bathroom mirror.